

heute gibt es...

Ciabatta



Ingredients(5 Units)

For the dough:

- 6g fresh or 2g dry yeast
- 300ml lukewarm water
- 300g Mehl

For the main dough:

- 9g fresh or 3g dry yeast
- 10g sugar
- 350ml lukewarm water
- 600g flour
- 20g salt

In Addition:

- Flour for the work surface

Preparation:

1. For the dough, the yeast dissolve in water and add along with the flour in a bowl. Everything well with a spoon stir until a clump-free, homogeneous mass, cover with plastic wrap and let rest for 3 hours at room temperature.
2. For the main dough dissolve the yeast and sugar in the water.
3. Then stir the dough with the beater of the kitchen machine and alternately add flour and yeast solution.
4. Once the ingredients are well mixed, use the dough hook attachment and knead for 5 minutes.
5. Then add the salt, the dough further 7 minutes knead, cover bowl with plastic wrap and let rest at room temperature for one hour.
6. and sprinkle with flour after leavening the dough on a well floured surface.
7. Now it depends on the right folding technique to: Specifies a long side to about 3.2 over the dough, then beat first the opposite side and finally the other two sides (see pictures). Parts then the dough into 5 equal pieces.



8. The loaves of bread with the seam lay down on a well-floured surface, Sprinkle with flour, cover with plastic wrap and let rise for about 90 minutes at room temperature. The volume should have this doubled to time.
9. Preheat oven to 240 ° C (top and bottom heat). The baking sheet on which the Ciabatte to be baked later, this warm in the oven.
10. Now take the loaves one after carefully from the work surface, place on a baking paper strips upside down and gently pull in the length. Concern, in carefully so that the gas formed during the rise does not escape in the dough.
11. Place the baking paper with the Ciabatte on the hot baking sheet and spread before closing the oven 5-6 times water with a spray bottle in the interior, so that a hot, moist environment is created.
12. After 8 minutes, reducing the temperature to 200 ° C and bake for a further 8 minutes. (After 5 minutes) Here, in the last 3 minutes clamping a wooden spoon between the oven door and oven so that moisture can leak.
13. Cool the finished loaves on a baking rack and enjoy.



Important tips and information:

- In Italy, a mix of Manitoba flour and wheat flour type 00 in the ratio 2 is often called flour: 1. The Manitoba flour is often obtained only Germany online. But you can without problems even wheat flour type 405 use, which is very good on the result as well!
- Of course you can knead the dough without food processor. The kneading times should then be extended in any case. Due to the stickiness of dough, especially when the use of a spatula is recommended at the beginning.
- spares no flour in the processing of the dough! There is nothing worse than that enough gases have formed in the dough and these escape again, because the dough from sticking to the work surface and tears.
- If you small ciabatta loaves want, you can receive up to 10 small ciabatta from the dough.
- The white bread sticks about 2 days fresh.
- Dried ciabatta can be moistened either with a little water and baked or serve as discs for bruschetta.
- Ciabatta bread can be frozen for 3-4 months. If necessary, just about 15 minutes at 150 ° C freshen (preheated oven, conventional oven).